



## Profiles in Wellness



### Lori Ross Maryland

I have made a significant lifestyle change that amazes me! My best friend learned the 2005 Marine Corps Marathon (MCM), would, for the first time, allow walkers to participate. She asked me to do it with her, mainly to help us get in the habit of exercising regularly.

When we started the training, we were not sure we would be physically capable of walking 8 or 10 miles, never mind 26 miles! We followed a training schedule, working out alone during the week alternating short walks and cross training (bike for her; Pilates for me) each day and every weekend we did longer training walks together without fail! By September, we were walking 20 miles despite a bad fall I took and knee problems.

We feel great and next weekend we will do the 26-mile MCM, followed by a half-marathon in Ft. Lauderdale on Nov. 12th. As marathon buddies, we plan to continue participating in marathons nationwide so we can keep training thus, regularly exercising. Having a buddy makes ALL the difference.